



How to Lose Weight in Your Sleep: Easy No Diet Weight Loss Secrets to Be at Your Dream Weight (Paperback)

By Dante Spencer Ma

Dante Spencer, United States, 2012. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****. Dante Spencer is one of the healthiest people I know. He has an abundance of experience in healthy eating that focuses on nourishment, rather than restricting. Dante is like a one-man support system for people who are pursuing a healthy lifestyle. You ll be inspired by what Dante has to share with you. -Paula Abdul, singer, dancer, actress, TV personality I asked Dante what he does to always keep his best body. This book is his answer. -Gerard Butler, actor, 300 This straightforward no nonsense and somewhat sarcastic book is a brilliant read for anyone interested in health and weight loss. - Michele Domico, MD Dante Spencer is the intersection of brains meets brawn. That s why, for years, so many Hollywood stars have secretly sought him out. Now, Dante s new book How to Lose Weight in Your Sleep reveals how all of us can turn our body into a fat-burning inferno! -Cheryl Woodcock, journalist, Entertainment Tonight Dante s body looks like a Greek statue, so if you re going to read a book on fitness...



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